

Menu Listing with Front of Packet and Allergens

Craig

Menu: Primary Spring 19 Wk3 Friday

Contains
 Does Not Contain
 May Contain
 * No Information

Contains													
Peanuts	Nuts	Crustaceans	Molluscs	Fish	Eggs	Milk	Gluten	Soya	Sesame	Celery	Mustard	Lupin	Sulphur Dioxide and Sulphites

Product Description

Baked Fish Fillet (70g) contains

Carbohydrate 10.92g	Energy 460kJ 110kcal	5%	Fat 4.1g	6%	Saturates 0.4g	2%	Sugars <0.5g	0%	Salt 0.42g	7%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 657kJ / 157kcal

Crunchy Vegetable Fingers (60g) contains

Carbohydrate 15.06g	Energy 582kJ 139kcal	7%	Fat 7.1g	10%	Saturates 0.6g	3%	Sugars 1.1g	1%	Salt 0.47g	8%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 971kJ / 232kcal

Chips (80g) contains

Carbohydrate 16.88g	Energy 442kJ 106kcal	5%	Fat 3.0g	4%	Saturates 0.3g	2%	Sugars <0.5g	0%	Salt 0.45g	8%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 552kJ / 132kcal

Baked Beans (62.5g) contains

Carbohydrate 8.02g	Energy 214kJ 51kcal	3%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 2.3g	3%	Salt 0.34g	6%
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of an adult's Reference Intake
Typical values (as sold) per 100g: Energy 343kJ / 82kcal

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Product Description

Garden peas	(60g) contains	<table border="1"> <tr> <td>Carbohydrate 5.28g</td> <td>Energy 191kJ 46kcal</td> <td>2%</td> <td>Fat 0.5g</td> <td>1%</td> <td>Saturates 0.1g</td> <td>1%</td> <td>Sugars 1.5g</td> <td>2%</td> <td>Salt <0.01g</td> <td>0%</td> </tr> </table>	Carbohydrate 5.28g	Energy 191kJ 46kcal	2%	Fat 0.5g	1%	Saturates 0.1g	1%	Sugars 1.5g	2%	Salt <0.01g	0%	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Carbohydrate 5.28g	Energy 191kJ 46kcal	2%	Fat 0.5g	1%	Saturates 0.1g	1%	Sugars 1.5g	2%	Salt <0.01g	0%				
	of an adult's Reference Intake	Typical values (as sold) per 100g: Energy 318kJ / 76kcal												
Jelly with Fresh fruit	(108.125g) contains	<table border="1"> <tr> <td>Carbohydrate 14.05g</td> <td>Energy 236kJ 56kcal</td> <td>3%</td> <td>Fat <0.5g</td> <td>0%</td> <td>Saturates <0.1g</td> <td>0%</td> <td>Sugars 14g</td> <td>15%</td> <td>Salt <0.01g</td> <td>0%</td> </tr> </table>	Carbohydrate 14.05g	Energy 236kJ 56kcal	3%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 14g	15%	Salt <0.01g	0%	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
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	of an adult's Reference Intake	Typical values (as sold) per 100g: Energy 218kJ / 52kcal												
Fruit Yoghurt	(100g) contains	<table border="1"> <tr> <td>Carbohydrate 19.6g</td> <td>Energy 393kJ 94kcal</td> <td>5%</td> <td>Fat <0.5g</td> <td>1%</td> <td>Saturates 0.5g</td> <td>2%</td> <td>Sugars 18g</td> <td>20%</td> <td>Salt <0.01g</td> <td>0%</td> </tr> </table>	Carbohydrate 19.6g	Energy 393kJ 94kcal	5%	Fat <0.5g	1%	Saturates 0.5g	2%	Sugars 18g	20%	Salt <0.01g	0%	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
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	of an adult's Reference Intake	Typical values (as sold) per 100g: Energy 393kJ / 94kcal												
Fresh Fruit Salad	(84.1663g) contains	<table border="1"> <tr> <td>Carbohydrate 12.08g</td> <td>Energy 208kJ 50kcal</td> <td>2%</td> <td>Fat <0.5g</td> <td>0%</td> <td>Saturates <0.1g</td> <td>0%</td> <td>Sugars 12g</td> <td>13%</td> <td>Salt 0.16g</td> <td>3%</td> </tr> </table>	Carbohydrate 12.08g	Energy 208kJ 50kcal	2%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 12g	13%	Salt 0.16g	3%	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Carbohydrate 12.08g	Energy 208kJ 50kcal	2%	Fat <0.5g	0%	Saturates <0.1g	0%	Sugars 12g	13%	Salt 0.16g	3%				
	of an adult's Reference Intake	Typical values (as sold) per 100g: Energy 247kJ / 59kcal												